

PROTECT YOURSELF

Each of us can play an important part in reducing our risk of West Nile Virus by:

- Using insect repellent with DEET or Picaridin.
- Wearing protective clothing when practical.
- Limiting outdoor activity at dawn and dusk when mosquitoes are most active.
- Removing standing water.
- Using larvicides with Bti in stagnant, standing water.
- Mosquito-proofing your home.

For more information about West Nile Virus:

<http://www.kdheks.gov/westnile>

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Topeka, KS 66612-1274
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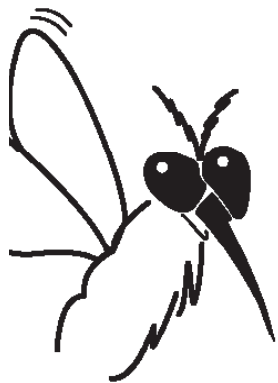
WEST NILE VIRUS

What is it?

How can I protect myself?

How can I mosquito-proof my home?





WHAT IS WEST NILE VIRUS?

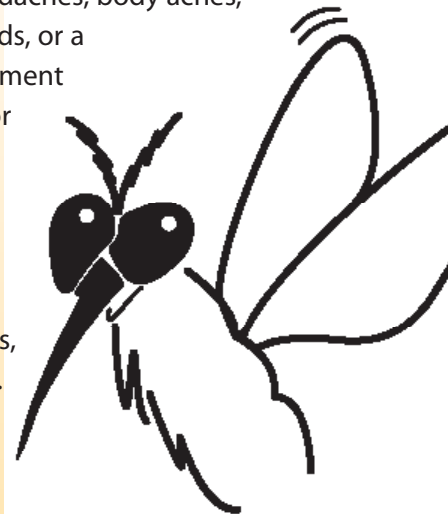
West Nile Virus (WNV) was first detected in Kansas in August 2002. The Kansas Department of Health and Environment (KDHE) has been monitoring the virus since it was first detected in the United States in the summer of 1999.

WNV is transmitted when a mosquito bites an infected bird and then bites another animal or human. People over 50 or those with weakened immune systems are most at risk, but anyone can be infected. In most cases WNV only causes mild illness, but in rare cases it can cause death.

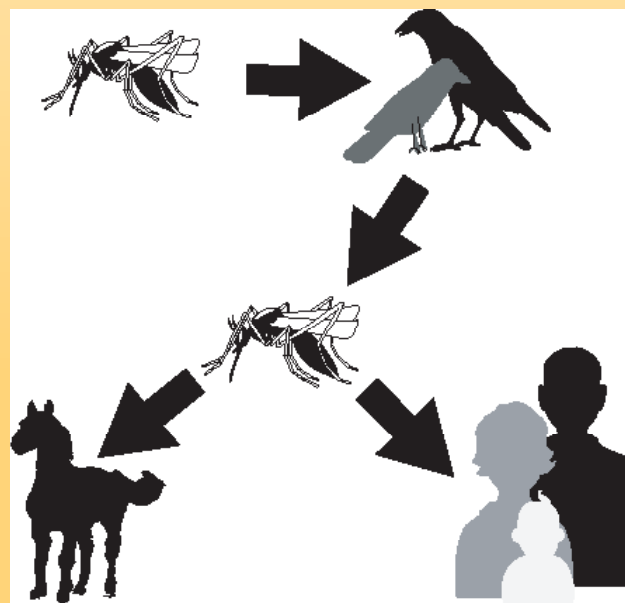
Although the chances of being bitten by an infected mosquito are small, WNV is serious and is known to have infected thousands of people in the U.S. since it was first discovered in New York in 1999. Less than 1 percent of people infected will develop serious illness.

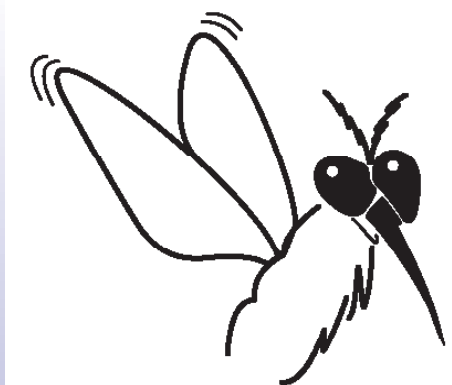
Most people infected have no symptoms at all. If symptoms do occur, they may not show up for 3-15 days after the initial bite. A small percentage of people may develop mild flu-like symptoms including fever, headaches, body aches, swollen lymph glands, or a body rash. No treatment is needed for mild or no symptoms.

More serious symptoms include disorientation, tremors, convulsions, paralysis, and coma. Contact a physician immediately if any of those symptoms occur.



WNV TRANSMISSION





WINV PROTECTING YOURSELF

Preventing mosquito bites will prevent West Nile Virus infection. Mosquitoes that carry WNV are most common in the late, warm summer months. They are mainly active in the early morning hours, evenings, and after nightfall. Limit outdoor activity during these times of the day. If you

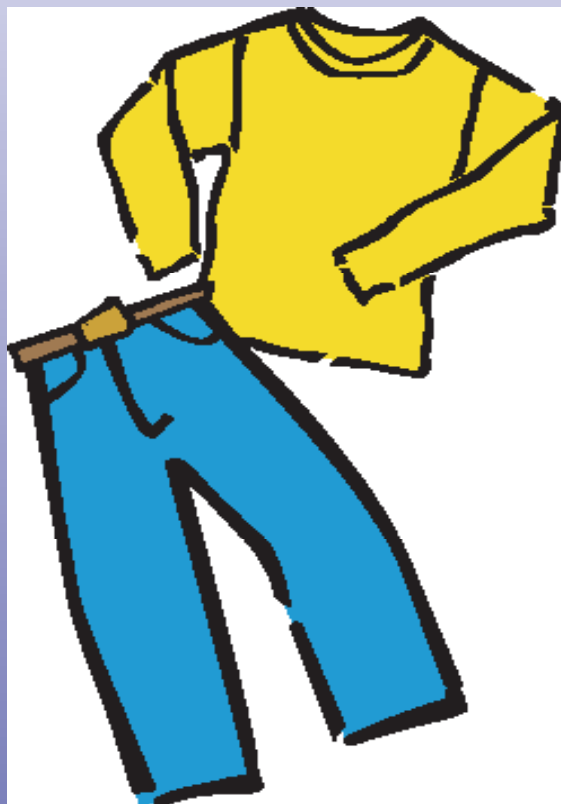
must go outside, wear protective clothing when practical.



Insect repellents containing DEET and Picaridin work best for repelling mosquitoes and should be applied sparingly to exposed skin and on thin clothing. Repellent should have no more than 20-30 percent DEET* for adults and less

than 10 percent for children. For more information on this issue, please refer to the Centers for Disease Control and Prevention Web site at www.cdc.gov.

Mosquito-proof your home by making sure window and door screens are "bug tight."



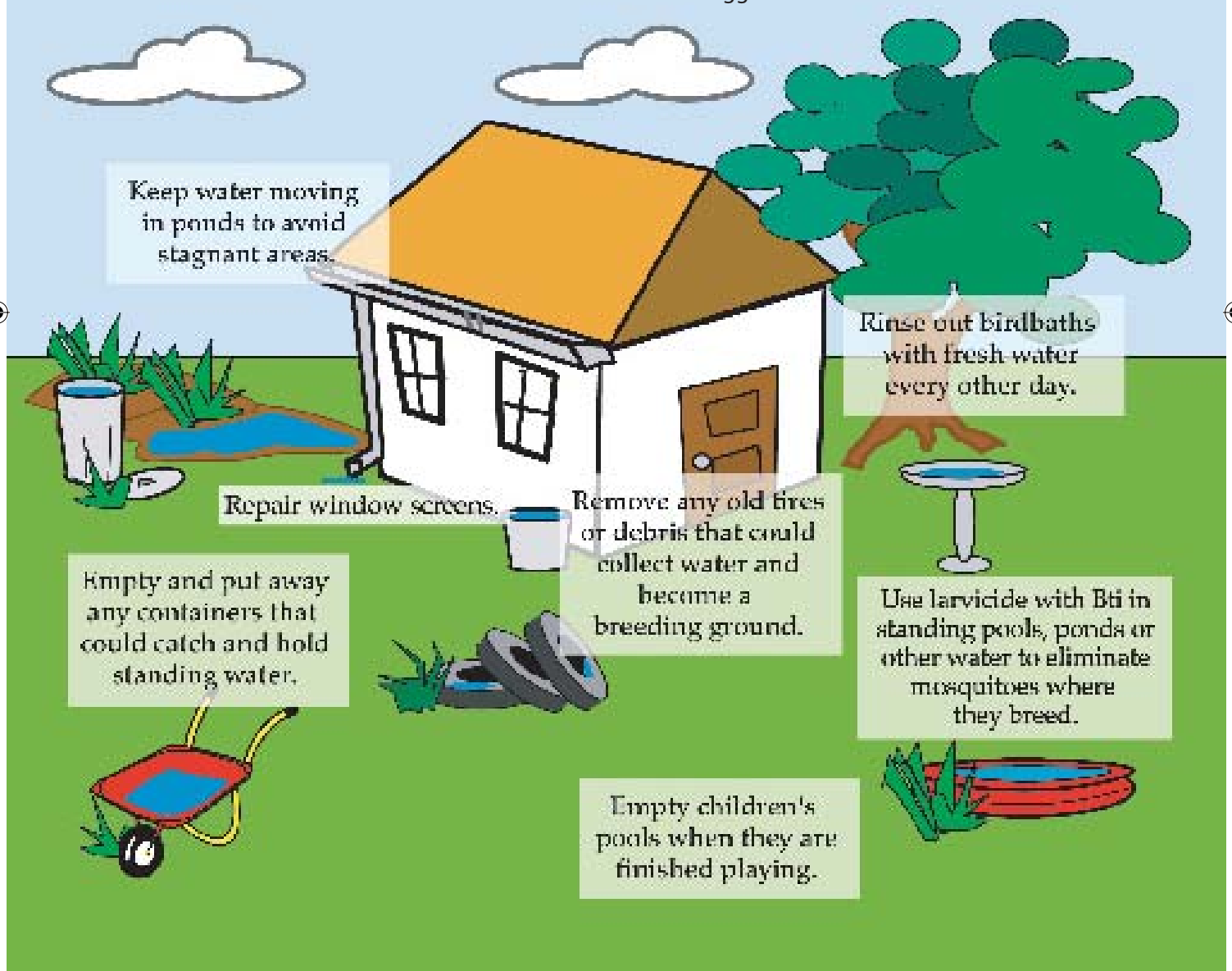
Using a yellow or fluorescent light outside is recommended instead of white lights. Use larvicide with Bti in standing pools, ponds or water to eliminate mosquito breeding grounds.

*This is not an endorsement for any specific brand of insect repellent containing DEET or Picaridin.



MOSQUITO-PROOF YOUR HOME

We can all reduce the risk of West Nile Virus by removing standing water and using larvicides to eliminate mosquito breeding grounds. These are the two most effective methods to reduce mosquitoes around your home. Check with your local hardware store for effective larvicides. Use the information below to eliminate unnecessary areas of stagnant water where female mosquitoes lay their eggs.



Keep water moving in ponds to avoid stagnant areas.

Rinse out birdbaths with fresh water every other day.

Repair window screens.

Remove any old tires or debris that could collect water and become a breeding ground.

Empty and put away any containers that could catch and hold standing water.

Use larvicide with Bti in standing pools, ponds or other water to eliminate mosquitoes where they breed.

Empty children's pools when they are finished playing.